

Cincinnati Recreation Commission

www.cincyrec.org

All Ages

Swim Lessons

Learn to swim with
American Red Cross
instructors at

ALL CRC POOLS

Various locations around the city.



Group Lesson Fee: \$10.00

10-12 half-hr. classes

Session Dates: Monday, June 14 - Friday July 23, 2010

Sign up at the CRC Pool of your choice.

Even if you are not from that area, you are welcome at any of CRC's city pools.

Annual City-Wide Pool/Center Membership: \$25 for adults (18-49) / \$10 for Juniors (17&younger) & Seniors (50+)

Membership at Otto Armleder Dunham Pool \$50 for individual / \$120 for family

Membership required for swim lessons.

Parent and Child Aquatics (ages 6 months - 3 years old)

Pre-School Levels 1, 2, 3 (ages 4 and 5)

Level 1 - Introduction to Water Skills (ages 6 and older)

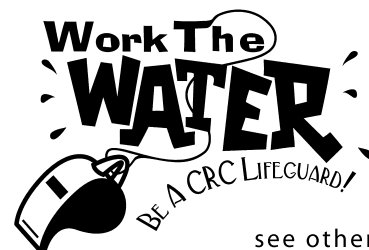
Level 2 - Fundamental Aquatic Skills

Level 3 - Stroke Development

Level 4 - Stroke Improvement

Level 5 - Stroke Refinement

Level 6 - Swimming and Skill Proficiency



see other side

For more information call

(513) 357- POOL (7665)

Learn To Swim Program

CRC's **Learn To Swim Program** is American Red Cross instruction designed to help swimmers of all ages begin, develop and refine their swimming skills. Red Cross Water Safety Instructors teach a variety of swim strokes, personal safety skills and diving techniques. At more advanced levels, students refine skills and discover how to incorporate swimming into a lifetime fitness program. The American Red Cross **Learn To Swim Program** is the most comprehensive and effective program of its kind available anywhere! CRC's Red Cross **Learn To Swim Program** is progressive; you must satisfactorily demonstrate the skills of the previous level on the first day of class to gain admittance into the next level. On day one, swimmers will be placed into levels based upon skill testing.

Private Lessons: 4 1/2 hour classes package = \$80.00
Group Lessons: 10-12 1/2 hour classes = \$10.00

CRC City-wide pool/center membership or Otto Armleder Dunham Pool membership required.

Learn To Swim Program Session Dates:

Session Dates Monday, June 14 to Friday, July 23

Otto Armleder at Dunham Registration - 4356 Dunham Lane 45238

3 sessions offered: Wednesday, June 2 6:00pm-8:00pm

Monday, June 14 to Thursday, July 1

Monday, July 5 to Thursday, August 12

Pleasant Ridge Pool Registration at Pleasant Ridge Center - 5915 Ridge Road 45213

Tuesday, June 8 6:00pm-8:00pm

For Registration at all other pools, visit or call the pool.

*Course fees will not be refunded for inclement weather or class cancellations.

Adults of all skill levels are welcome. Contact the pool.

Parents and Child Aquatics - ages 6 months-3 years old.

Builds swimming readiness while emphasizing fun. A great chance for children and parents to enjoy the water together! Caregivers are required to be in the water with their children.

Preschool Level 1,2,3 - ages 4 and 5.

Promotes the developmentally appropriate learning of fundamental water safety and aquatic skills by young children.

Level 1 - Introduction to Water Skills ages 6 and older

Orientation to water, basic safety rules, blowing bubbles and bobbing in chest deep water.

Level 2 -Fundamental Aquatic Skills

Expands on basic skills, gliding, rhythmic breathing, flutter kick, retrieving objects from pool bottom in chest deep water.

Level 3 -Stroke Development

Increases swimming skills, safety and non-swimming rescue skills, safe diving rules, life jackets and opening airways.

Level 4 -Stroke Improvement

Develops confidence and competency in strokes and safety skills, familiarity with CPR, perform rotary breathing, deep water bobbing and experimenting with buoyancy and floating positions.

Level 5 -Stroke Refinement

Provides further coordination and refinement of strokes, butterfly, front crawl, back crawl, breaststroke, elementary backstroke and sidestroke.

Level 6 -Swimming and Skill Proficiency

Develops maximum efficiency, power and endurance of strokes.
Menu options: Personal Water Safety, Lifeguard Readiness, Fundamentals of Diving, Fitness Swimming.

Learn to Swim Program Schedule

| POOL | Phone | Type | Lesson | Session | Days | 1/2 Hour Class Times | Preschool Levels | Age 6+ Levels | Adult |
|----------------------|----------|---------|---------|------------------|---------|---|------------------|---------------|---------------------------|
| Bond Hill | 242-6897 | deep | \$10.00 | 6/14-7/23 | T&Th | 12:00pm-12:30pm or 12:30pm-1:00pm | 1,2,3 | 1,2,3,4,5 | |
| Bush | 751-5085 | deep | \$10.00 | 6/14-7/23 | M&F | 12:00pm-12:30pm or 12:30pm-1:00pm | 1,2,3 | 1,2,3,4,5 | |
| Camp Washington | 681-1241 | deep | \$10.00 | 6/14-7/23 | T&Th | 12:00pm-12:30pm | 1,2,3 | 1,2,3,4,5 | |
| Dempsey | 921-6338 | deep | \$10.00 | 6/14-7/23 | M&Th | 12:00pm-12:30pm or 12:30pm-1:00pm | 1,2,3 | 1,2,3,4,5 | |
| Dickman | 941-6270 | deep | \$10.00 | 6/14-7/23 | M&W or | 5:30pm-6:00pm or 6:00pm-6:30pm | 1,2,3 | 1,2,3,4,5 | |
| | | | | | T&Th | 5:30pm-6:00pm or 6:00pm-6:30pm | 1,2,3 | 1,2,3,4,5 | |
| Evanston | 221-5150 | shallow | \$10.00 | 6/14-7/23 | T&Th | 12:00pm-12:30pm or 12:30pm-1:00pm | 1,2,3 | 1,2,3 | |
| Hartwell | 821-2153 | deep | \$10.00 | 6/14-7/23 | M&Th | 12:00pm-12:30pm or 12:30pm-1:00pm | 1,2,3 | 1,2,3,4,5 | |
| Lincoln | 621-6783 | deep | \$10.00 | 6/14-7/23 | M&W | 12:00pm-12:30pm or 12:30pm-1:00pm | 1,2,3 | 1,2,3,4,5 | |
| | | | | | M&W | 5:00pm-5:30pm | 1,2,3 | 1,2,3,4,5 | |
| Madisonville | 271-3301 | deep | \$10.00 | 6/14-7/23 | T&Th | 5:30pm-6:00pm or 6:00pm-6:30pm | 1,2,3 | 1,2,3,4,5 | |
| McKie | 681-7669 | deep | \$10.00 | 6/14-7/23 | M&W | 12:00pm-12:30pm or 12:30pm-1:00pm | 1,2,3 | 1,2,3,4,5 | |
| | | | | | T&Th | 12:00pm-12:30pm or 12:30pm-1:00pm | 1,2,3 | 1,2,3,4,5 | |
| Millvale | 541-1707 | deep | \$10.00 | 6/14-7/23 | M,W,&Th | 12:30pm-1:00pm | 1,2,3 | 1,2,3,4,5 | (lessons June 28-July 22) |
| Mt. Adams | 421-5073 | shallow | \$10.00 | 6/14-7/23 | M&W | 6:00pm-6:30pm | 1,2,3 | 1,2,3 | |
| | | | | | T&Th | 5:00pm-5:30pm or 5:30pm-6:00pm | 1,2,3 | 1,2,3 | |
| | | | | | Sat | 1:00pm-1:45pm | Parent & Child | | |
| Mt Auburn | 381-6780 | deep | \$10.00 | 6/14-7/23 | T&Th | 8:00am-11:00am | 1,2,3 | 1,2,3,4,5 | |
| | | | | | T&Th | 11:00am-12:00pm | 1,2 | | Adult Only |
| Mt. Washington | 232-5621 | deep | \$10.00 | 6/14-7/23 | M&W or | 12:30pm-1:00pm or 5:30pm-6:00pm | 1,2,3 | 1,2,3,4,5 | |
| | | | | | T&Th | 12:30pm-1:00pm or 5:30pm-6:00pm | 1,2,3 | 1,2,3,4,5 | |
| Oakley | 631-4264 | deep | \$10.00 | 6/14-7/23 | T&Th | 12:00pm-12:30pm or 12:30pm-1:00pm | 1,2,3 | 1,2,3,4,5 | |
| Otto Armleder Dunham | 251-0150 | shallow | \$10.00 | 6/14-7/23 | T&Th | 10:30am-11:00am, 11:00am-11:30am, 11:30am-12:00pm | 1,2,3 | 1,2,3,4 | |
| | | | \$10.00 | 6/14-7/01 Sess.1 | M-Th | 5:30pm-6:00pm or 6:00pm-6:30pm | | 1,2,3,4 | |
| | | | \$10.00 | 7/05-7/22 Sess.2 | M-Th | 5:30pm-6:00pm or 6:00pm-6:30pm | | 1,2,3,4 | |
| | | | \$10.00 | 7/26-8/12 Sess.3 | M-Th | 5:30pm-6:00pm or 6:00pm-6:30pm | | 1,2,3,4 | |
| | | | \$10.00 | 6/11-8/13 | F | 5:30pm-6:30pm | Parent & Child | | |
| | | | \$10.00 | 6/12-8/14 | Sat | 11:00am-12:00pm | Parent & Child | | |
| Otto Armleder Hanna | 721-7521 | shallow | \$10.00 | 6/14-7/23 | T&Th | 12:30pm-1:00pm | 1,2,3 | 1,2,3 | |
| Otto Armleder Hirsch | 751-0601 | shallow | \$10.00 | 6/14-7/23 | T&W | 11:30am-12:00pm | 1,2,3 | 1,2,3 | |
| Pleasant Ridge | 531-1707 | deep | \$10.00 | 6/14-7/23 | M&Th or | 10:00am-10:30am, 10:30am-11:00am, 11:00am-11:30am | 1,2,3 | 1,2,3,4,5 | |
| | | | | | T&F | 10:00am-10:30am, 10:30am-11:00am, 11:00am-11:30am | 1,2,3 | 1,2,3,4,5 | |
| Ryan | 661-3128 | deep | \$10.00 | 6/14-7/23 | T&W | 11:30am-12:00pm, 12:00pm-12:30pm, 12:30pm-1:00pm | 1,2,3 | 1,2,3,4,5 | |
| Winton Hills | 641-3688 | deep | \$10.00 | 6/14-7/23 | M&W | 12:00pm-12:30pm | 1,2,3 | 1,2,3,4,5 | |
| | | | | | T&Th | 5:00pm-5:30pm | 1,2,3 | 1,2,3,4,5 | |
| Ziegler | 621-3650 | deep | \$10.00 | 6/14-7/23 | M&W or | 12:30pm-1:00pm or 5:00pm-5:30pm | 1,2,3 | 1,2,3,4,5 | |
| | | | | | T&Th | 12:30pm-1:00pm or 5:00pm-5:30pm | 1,2,3 | 1,2,3,4 | |